

Packed for Transit



Take time to seek out relevant information

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Step out of your comfort zone and rediscover yourself

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Overcome stress by breaking down goals into smaller steps

Need a listening ear?

Take time to seek out relevant information

The journey of life may be a long and winding road, making it hard to see what lies ahead. The first step towards a smooth transition is to take out your map and start exploring and planning your route! Equip yourself with relevant information that will help you make informed choices and decisions about the next phase in your life. Making such preparations will help to alleviate your doubts and anxiety.

Practical Tip

- Choosing your subject combination? Speak to a teacher for advice.
- Going to a new school? Attend the open houses! Use the 3 A's – Anticipate, Acquire, Allies – to guide your next move.

Anticipate and plan for the next phase of your life.

Acquire the knowledge and skills needed to transit into this next phase of life. Find reliable information online, read relevant resources, join useful courses or ask someone you trust who has been through a similar experience.

Allies are the people you can approach to seek social support. Remember, failing to plan is planning to fail!



MAP OF LIFE

Revisit past successful strategies

Embarking on your next phase in life can be quite an experience! You get to meet new people, encounter new situations, and experience mixed feelings of excitement and anxiety. In unfamiliar surroundings, you may sometimes feel lost and helpless. When that happens, recall the times when you were able to adjust and embrace your new environment or situation. Reflect on the strategies that have helped you deal with the challenges successfully. At the same time, it is important to learn from your past mistakes. This will help you avoid making the same errors in the future, making your journey a much smoother one.

Practical Tip

Use the 4 R's – Revisit, Recall, Reflect and Revise: **Revisit** similar situations you had encountered in the past, such as learning a new activity, adjusting to a new environment, handling a new task or making new friends. **Recall** how you went about dealing with the challenges or solving the difficulties you encountered along the way. **Reflect** on which strategies may work in your current circumstances. **Revise** them accordingly and use them. Remember, you can also explore other possible strategies to prepare you for any challenges ahead!

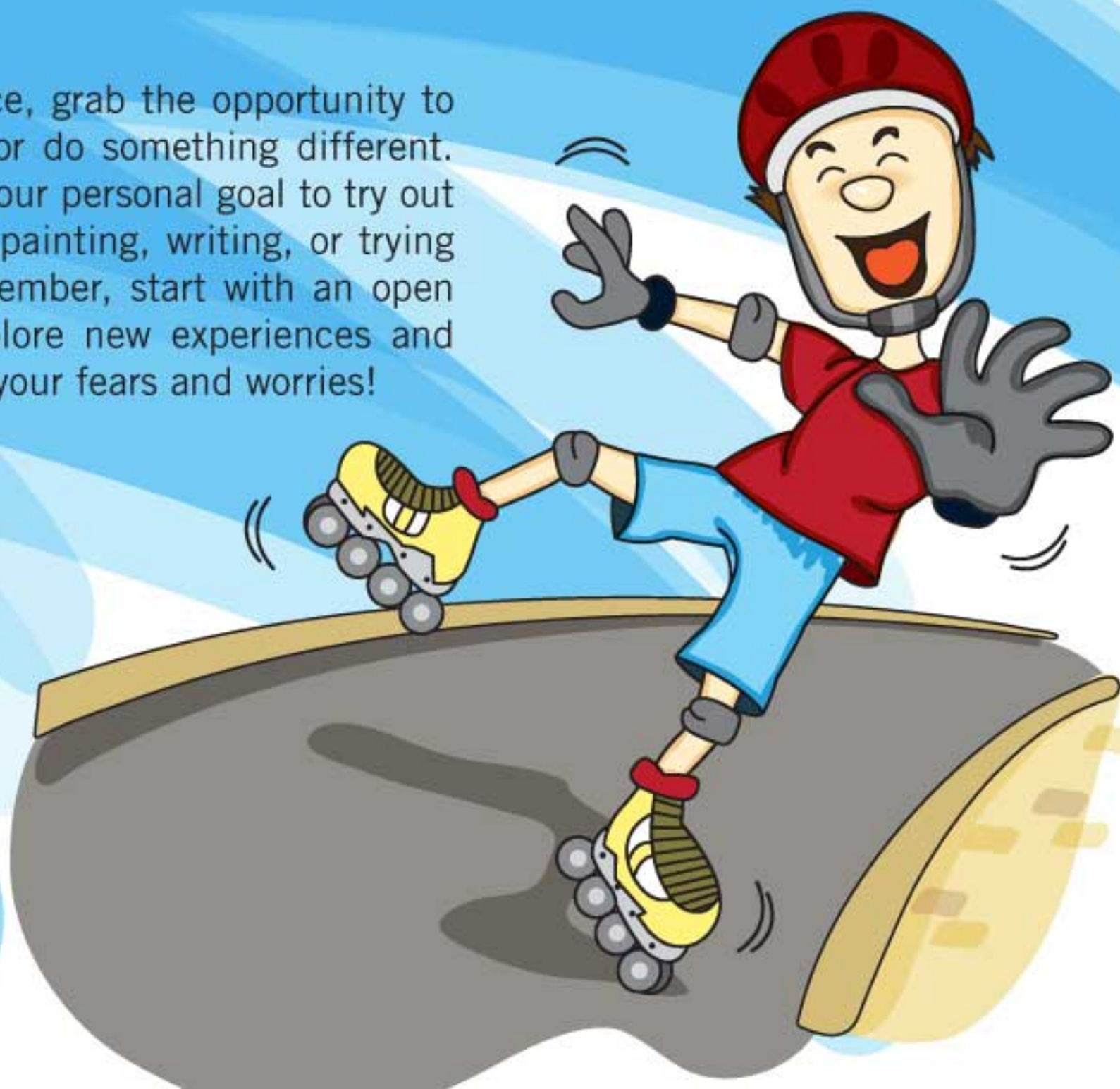


Adapt by being open to new experiences

We build our lives around people and places that are familiar to us so that we feel safe and function well in daily life. However, changes in life can disrupt this sense of familiarity. Instead of viewing such changes negatively, turn them around and look at the positive side of the changes. Change can be a fun and exciting if you view it as an opportunity to learn new skills, make new friends and explore new activities. When you adapt and embrace new situations with an open and positive outlook, the transition will be less bumpy!

Practical Tip

In each new experience, grab the opportunity to learn something new or do something different. You can also make it your personal goal to try out a new activity – be it painting, writing, or trying out a new sport. Remember, start with an open and willing heart, explore new experiences and don't be held back by your fears and worries!



Nurture a realistic and optimistic mindset

Having an optimistic outlook is a key strategy towards overcoming anxieties and sustaining motivation, for a smoother transition. An optimistic outlook means we see the positive side of events or conditions and expect a favourable outcome. However, optimism has to be anchored in realism. Other than a positive mindset, careful planning, persistence and choosing the right strategies are also needed for success.

Practical Tip

Combine your optimistic attitude with an honest assessment of the challenges that are present. Look at the reality, take stock of what you have and set realistic expectations. Plan ahead! Remember, don't just visualise success, visualise the **steps** you need to take in order to make success happen!



Step out of your comfort zone and rediscover yourself

Expand your horizons by daring to step out of your comfort zone! In the process, you will learn something new about yourself. The journey of self-discovery starts with self-awareness, and you may very well uncover hidden strengths and talents you never knew you had. Don't be disheartened if you find yourself lacking a particular skill; seize the opportunity to grow yourself in that area! Embarking on this process may take a few days, a few weeks or even longer so take your time to explore, discover and enjoy the journey.

Practical Tip

With each new situation you face, take some time out at the end of the day to reflect on your strengths and weaknesses. Is there anything new you have learnt about yourself? Make the best use of your strengths to achieve your goals, while not forgetting to work on your areas for improvement. Remember, growth is a process and it takes time, so be patient with yourself!

I never knew that I could be good at sports!





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Identify and challenge those worrying thoughts

Sometimes, we worry a lot because we focus on the negative side of things. Thoughts like “I’m not good enough”, “What if everything goes wrong?”, or “If I don’t do well for my exams, it means that I’m a failure”, may creep up on you unknowingly, adding to your frustrations and anxiety, while hurting your confidence. Your thoughts determine how you feel. Occupying yourself with negative and pessimistic thoughts is not helpful. Learn to replace those unhealthy thoughts with positive statements such as “It will be a good learning experience” or “I will do my best!”

Practical Tip

Free your mind from worries by putting down your worrying thoughts on paper. Challenge these worrying thoughts by asking these questions:

- What evidence is there for and against your worrying thoughts?
- Would your friends and family agree or disagree with your worrying thoughts?

If you cannot find evidence or agreement to support those worries, it is likely that your worries are unfounded. Transform your worrying thoughts into positive statements and redirect your energy into more productive work. However, if your worries are valid, then take the appropriate actions to deal with the issues! Remember, you can do it!



Turn worry into action

Being worried and feeling anxious about what lies ahead is perfectly normal. However, don't just sit there and let your worries and anxiety overwhelm you and deplete your energy. Rather than spending the time worrying about an upcoming exam, use the time wisely to prepare for it, focusing on your weaker topics. If you feel intimidated by a fellow schoolmate, take active steps to prevent him/her from bothering you by speaking to a teacher. Take control of the situation!

Practical Tip

Start by taking small steps! First, look at what is worrying you and causing you to feel anxious. Next, think about what can be done to allay those worries and anxiety. Then, target the areas that are within your control which you can change or do something about. Be proactive in exploring helpful solutions such as seeking help from someone you trust, or acquiring the necessary skills that will prepare you to take on the challenges ahead. Remember, turn worry into action!



Involve yourself in relaxing activities

Experiencing a new situation can be rather stressful and tiring, and can be harmful to your body if you experience stress and fatigue for a prolonged period. The stress may also prevent you from performing at your best since you may feel distracted by your worries and fears. It is important to take some time out of your busy schedule to relax and allow your body to recharge.

Practical Tip

Stress affects everyone. Relaxation exercises are useful ways to relieve stress. Try taking a deep breath and letting it out slowly, repeating it ten times or more. Tighten your muscle groups for five seconds and then relax: wrinkle your forehead, close your eyes tightly, clench your fists, push your arms forward, bend your elbows and tense your biceps, shrug your shoulders as high as possible, arch your back. While relaxing, think good thoughts. You can picture yourself doing things you like or taking a vacation, and relaxing. You can also engage yourself in relaxing activities that you enjoy. Some people may enjoy listening to music, playing sports, or taking a walk while others may simply prefer spending quality time with family and friends. Remember, find a relaxing activity that works best for you!



Overcome stress by breaking down goals into smaller steps

Transiting to your next phase in life may be an exciting yet daunting experience. To get there, it may seem like you need to scale high mountains or cross great seas. Dealing with changes in life can be a demanding process, and worry may take over when we feel like we are unable to cope with the massive tasks and challenges ahead. Overcome the stress by breaking down your goals into manageable bite-sized steps. With each step, you are one step closer to your destination!

Practical Tip

Take a step back and look at the broad goals you need to attain or want to achieve. Then, break them down into smaller and realistic targets. Prioritise and tackle them in order of importance. You can create a daily to-do list to help you stay focused and on task. Remember, small successes can help boost your confidence as you continue with your journey to the next phase!



Need a listening ear?

It is not easy adjusting to a new environment and situation. When you need help, do not hesitate to call or talk to someone you can trust. Be open to seek help or support from family, friends or trusted adults when you need it. Talking to someone who cares or simply knowing you are not alone can help alleviate the stress you are facing. You may also gain new insights and perspectives which can encourage you to press on with strength and courage.

Practical Tip

Family and friends are not only an excellent source of support in times of need, they also make life more meaningful. Take time to bond and share with your family about the current happenings in your life. Meet up with your good friends and share your problems together. Remember, you can always look for your teachers and school counsellors for help or advice too!



Counselling Services & Helplines

-Samaritans of Singapore

Tel: 1800 221 4444 (24-hour service)

-Institute of Mental Health (IMH)

Tel: 6389 2222 (24-hour service) / 6389 2200 (appointment)

-IMH, Child Guidance Clinic

Tel: 6389 2200

-Raffles Counselling Centre

Tel: 6311 1222 (24-hour service)

-Singapore Association for Mental Health (SAMH)

Tel: 1800 283 7019 / 6283 1576

-Family Service Centre Hotline

Tel: 1800 838 0100

-Audible Hearts

Website: www.audiblehearts.sg

-Tinkle Friend

Tel: 1800 247 4788

-Bounce Back Stronger Quiz

Website: <http://sg.sg/bbsquiz>

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